

01

# CORRECT ORBIT DASHBOARD

Where am I? What is next? A diamond-engraved command board for state, signal, support, and one obedient action.

## ORBIT TELEMETRY

- ☐ Sleep protected
- ☐ Water in body
- ☐ Food before interpretation
- ☐ Movement started
- ☐ Truth spoken
- ☐ Support pinged
- ☐ Medication checked
- ☐ Environment reset

## ORBIT INTENSITY

calm

overwhelming

## REALITY CHECK

- ☐ Less than 4 hours sleep
- ☐ Unusually wired or euphoric
- ☐ Special mission / invincible feeling
- ☐ Major life change urge
- ☐ Disconnected from reality
- ☐ Ignoring consequences

## ORBIT MAP



## TODAY'S INTENTIONS

- 01 One truth to show
- 02 One body reset
- 03 One support contact
- 04 One task to finish
- 05 One thing not to do

## SHEPHERD'S WHISPER

**The Shepherd does not scream over the storm. He teaches direction inside it.**

- 01 Walk slower. Watch closer. Lead cleaner.



02

# BIPOLAR I RED ORBIT GUARDRAIL

High-speed states require friction, sleep protection, support, and decision quarantine.

## MANIA / HYPOMANIA SIGNALS

- ☐ Decreased need for sleep
- ☐ Racing thoughts or pressured speech
- ☐ Marked increase in activity or projects
- ☐ Risky spending, driving, sex, substances
- ☐ Irritability, agitation, or rage surges
- ☐ Feeling unusually powerful, chosen, special
- ☐ Sudden life overhaul certainty
- ☐ Spiritual intensity spike plus reduced sleep
- ☐ Paranoia, delusions, hallucinations, disconnection
- ☐ Everyone else feels slow, foolish, or obstructive

## RED ORBIT OVERRIDE

- 01 No major decisions for 24-72
- 02 Contact support before
- 03 Protect sleep and reduce
- 04 ~~Spill money~~ keys
- 05 Escalate to professional help if unsafe.

## DECISION QUARANTINE

When speed is high, clarity can feel like certainty. Treat certainty as data, not

- |                                              |                                                 |
|----------------------------------------------|-------------------------------------------------|
| <input type="checkbox"/> <del>Commands</del> | <input type="checkbox"/> No new relationships   |
| <input type="checkbox"/> No road trips       | <input type="checkbox"/> No job quitting        |
| <input type="checkbox"/> No theology debates | <input type="checkbox"/> No public declarations |

## RISK LADDER

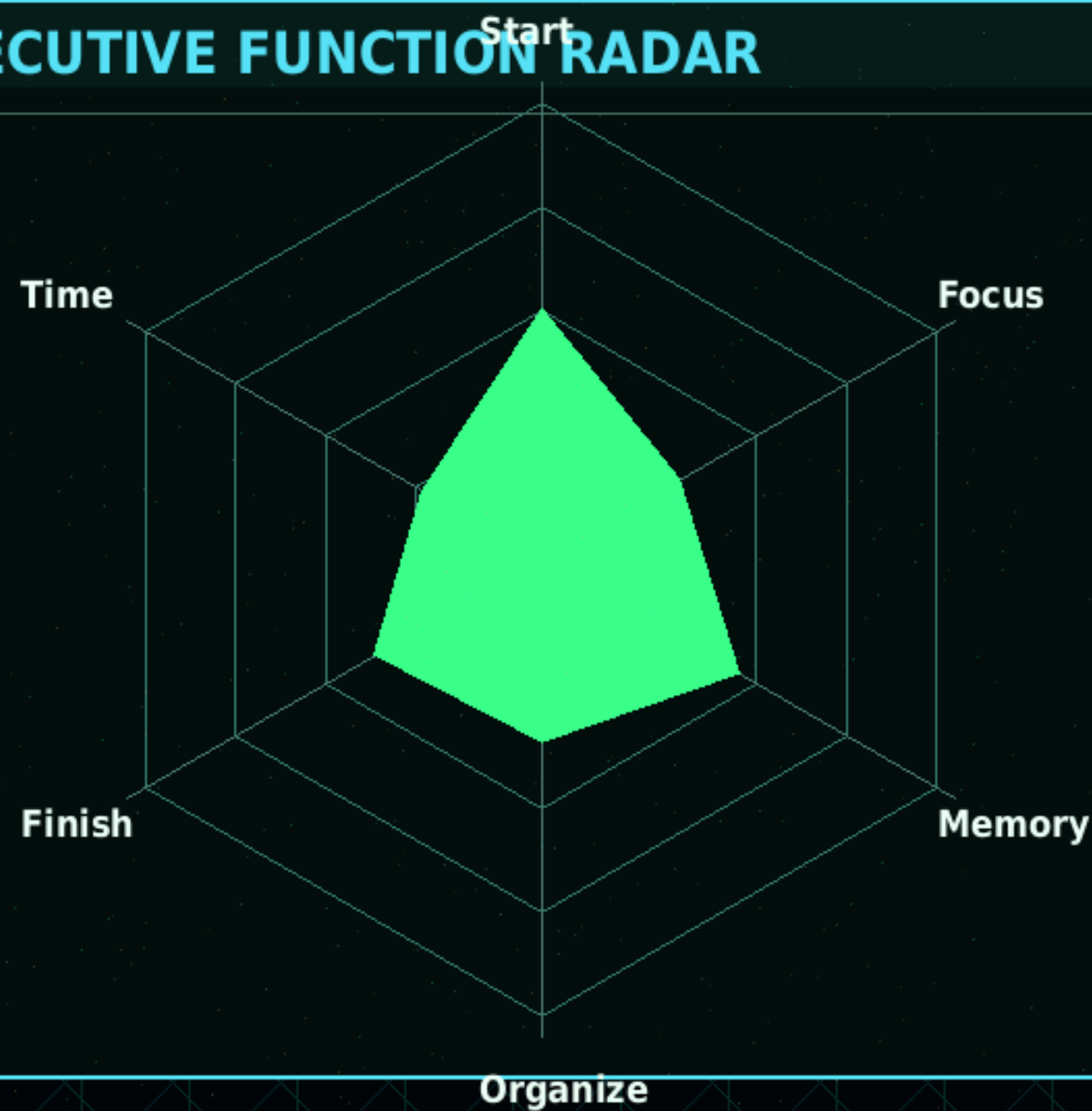
- 01 0-2 signals: stabilize rhythm and track sleep.
- 02 3-5 signals: support ping, no decisions, reduce stimulation.
- 03 6+ signals or psychosis/safety risk: crisis/professional support now.



# ADHD DOPAMINE RAILS

Make the next right action visible, tiny, immediate, rewarding, and hard to overthink.

## EXECUTIVE FUNCTION RADAR



## DOPAMINE RAILS

- 01 Two-minute launch
- 02 One visible task
- 03 Timer, not willpower
- 04 Reward cleanly
- 05 Return speed beats streaks

## DISTRACTION INTERRUPT

- ☐ Browser tabs closed
- ☐ Phone moved away
- ☐ Music chosen intentionally
- ☐ Task written in one verb
- ☐ Reward chosen before task
- ☐ Body reset before shame

## START UGLY SCRIPT

**I do not need motivation.  
I need a launch rail. Start  
badly, start small, start  
now, then refine.**

### TASK FRICTION





# AUTISM SENSORY ORBIT

**Reduce hidden load. Name input. Protect transitions. Let the nervous system breathe.**

## SENSORY LOAD SCAN

- ☐ Light too bright
- ☐ Sound too sharp
- ☐ Clothing / texture irritation
- ☐ Crowding / social saturation
- ☐ Unexpected transition
- ☐ Hunger / thirst
- ☐ Temperature wrong
- ☐ Too many choices
- ☐ Need routine / predictability
- ☐ Need silence after people

## CALIBRATION ACTIONS

- 01** Dim light or change room
- 02** Lower noise / headphones
- 03** One clear next step
- 04** Transition timer
- 05** Recovery solitude without shame

## COMMUNICATION SUPPORT

**Use fewer words. Ask one question. Offer written options. Do not punish processing time.**

- ☐ Need text instead of speech
- ☐ Need direct language
- ☐ Need pause before answer
- ☐ Need clear ending

## MELTDOWN / SHUTDOWN PROTOCOL

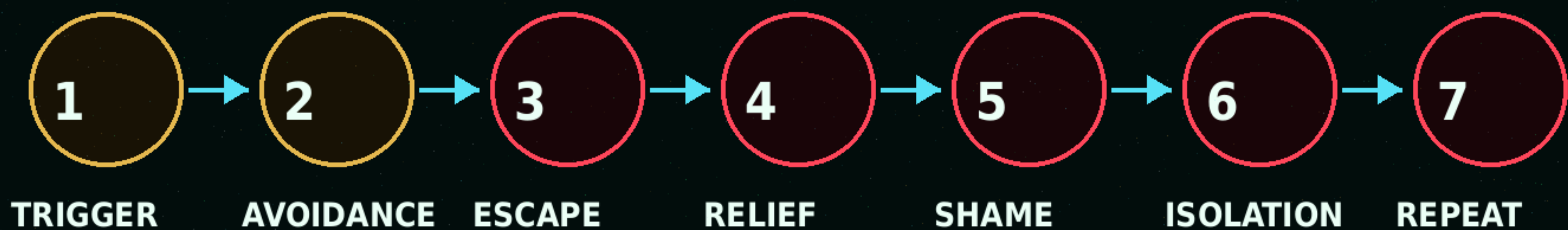
- 01** Stop demands
- 02** Reduce input
- 03** Safety and space
- 04** Water and body check
- 05** Re-enter slowly



# CYCLE SEVERANCE MAP

Trigger -> avoidance -> escape -> relief -> shame -> isolation -> repeat. Sever earlier.

## THE LOOP



## SEVER EARLIER

- 01 Name first link seen
- 02 Change physical environment
- 03 Tell truth to one person
- 04 Replace secrecy with signal
- 05 Return before shame hardens

## SEXUAL INTEGRITY RESET

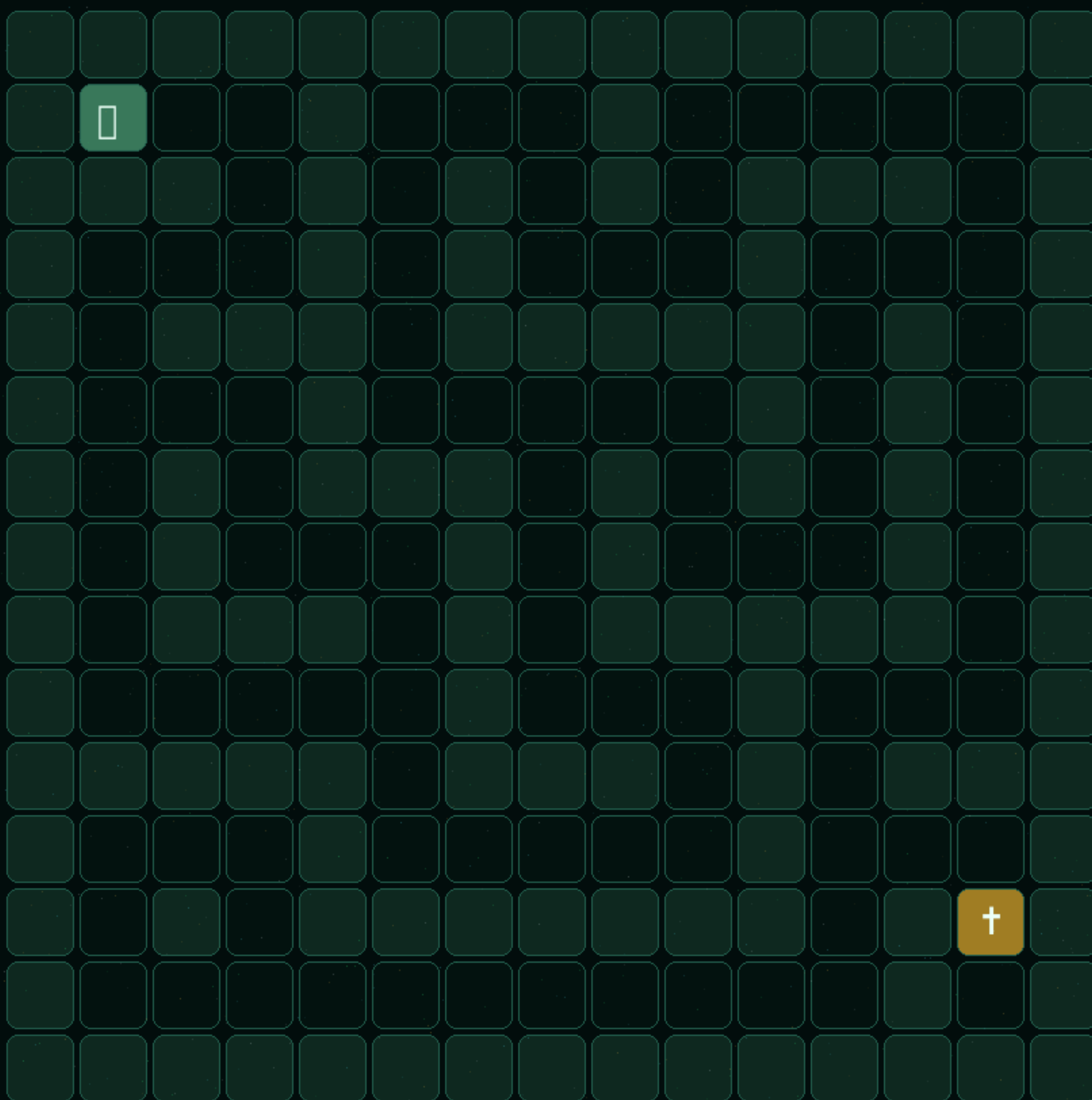
- ☐ No negotiating with secrecy
- ☐ Move body immediately
- ☐ Device out of room
- ☐ Cold water / outside air
- ☐ Message accountability
- ☐ Pray without performance
- ☐ Repair quickly if fallen
- ☐ Track return speed



# GOD'S PATH LABYRINTH

Every choice has orbit gravity. Truth path, fear path, comfort path, purpose path, service path.

## CLICKBAIT DHARMA MAZE



## LABYRINTH QUESTIONS

- 01 Is this truth or image?
- 02 Is this calling or comfort?
- 03 Does this protect sleep?
- 04 Will future me thank me?
- 05 Does this reflect Christ?
- 06 Who can I serve now?



# MORAL MANHOOD + BODY LANGUAGE

Strength becomes safe when it becomes governed, present, repair-oriented, protective, and surrendered.

## MORAL MANHOOD ENGINE

- 01 Self-governance
- 02 Stewardship
- 03 Presence
- 04 Repair
- 05 Protection

## BODY LANGUAGE FIELD GUIDE

- 01 Soft eyes
- 02 Slow hands
- 03 Visible palms
- 04 Grounded voice
- 05 Respect distance

## ROOM TEMPERATURE RULE

Do not make your intensity the room's emergency. Stable men lower the emotional temperature.

## REPAIR SCRIPT

I was wrong. I see the impact. I am not asking you to carry my shame. Here is what I am changing.



08

# NIGHTLY DEBRIEF + RECOVERY VELOCITY

Do not worship streaks. Track return speed. Tell truth, hydrate, move, pray, contact support, reset environment.

## NIGHTLY DEBRIEF

### Sleep

chaos

protected

Mood stability 4 5 6 7 8 9 10

storm

steady

Impulse control 5 6 7 8 9 10

reactive

governed

Integrity 3 4 5 6 7 8 9 10

hidden

honest

Followed plan 4 5 6 7 8 9 10

drifted

aligned

0 1 2 3 4 5 6 7 8 9 10

## ONE THING I DID WELL

---



---



---

## RECOVERY VELOCITY

- 01 Time from drift to noticing
- 02 Time from noticing to telling truth
- 03 Time from truth to body reset
- 04 Time from reset to support ping
- 05 Time from support to next obedient action

## ONE THING TO REPAIR

---



---



---